Safe Today, Healthy Tomorrow!
Older Americans Month 2014

Older adults have made countless contributions and sacrifices to ensure a better life for future generations. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. This celebration recognizes older Americans for their contributions and demonstrates our nation’s commitment to helping them stay healthy and active.

This year’s theme for Older Americans Month is “Safe Today. Healthy Tomorrow.” The theme focuses on injury prevention and safety to encourage older adults to protect themselves and remain active and independent for as long as possible. Unintentional injuries to this population result in at least 6 million medically treated injuries and more than 30,000 deaths every year.

While The Thompson provides services, support, and resources to older adults year-round, Older Americans Month offers an opportunity for us to put an emphasis on education and services related to the important topic of injury prevention. We encourage everyone to take control of their safety and live longer, healthier lives.

Here a few things you can do now to improve your safety today for a healthier tomorrow:

1. Join an exercise program.
The Thompson offers Strength & Fitness on Monday, Tuesday, & Thursday at 9a.m.; Bone Builders on Tuesday & Thursday at 2:15p.m.; Yoga on Thursdays at 9am; and Tai Chi on Wednesday mornings in beginner (9:30a.m.) and advanced beginner (10:40a.m.) levels.

2. Prevent Falls at home by removing trip hazards, increase lighting, make stairs safe, and install grab bars in key areas. Annual hearing and vision screening and regular medication review with your doctor or pharmacist also help to prevent falls.


4. Exercise your brain by trying a new activity. Learning a new card game, playing word games, online brain games, writing, painting, or anything new, is fitness for your brain.

5. Volunteer. Volunteering is said to be better than medicine for staying healthy. The joy from a fulfilling volunteer role can improve happiness and self-worth and even lower blood pressure.

6. Good Food = Better Health. Studies continue to show the importance of a healthy diet for reducing health problems. The Thompson daily menu is reviewed monthly by a dietician, is low in salt and helps to provide a well-balanced diet. Nutrition counseling is also available on request.
**BEHIND THE SCENES**

**ADVISORY MEETING HIGHLIGHTS**

- Weekly e-mail newsletter to be sent out every Friday
- Celebration planned for Older Americans Month
- Donations for Monthly newsletter are greatly appreciated
- July Lobster Lunch at TSC instead of trip to Warren’s discussed
- Recent fall on the stairs mandates using the elevator when carrying trays or equipment

Please join our next meeting on Monday, May 5, at 1pm. All patrons and volunteers are invited to attend.

**CAN YOUR COINS FOR THE THOMPSON**

Because every penny helps! Collection cans are available at the Center for those who would like to save their change for the benefit of the Thompson. All coins collected will support the operations of the center (meals & transportation program deficits, building & utility expenses, etc.). Please see Deanna with questions.

**THE THOMPSON eNEWSLETTER HAS ARRIVED!**

You can now receive weekly emails from the Thompson Center that include the programs, trips, and menu for the coming week.

The newsletter will also include occasional helpful tips and resource information. Most content will be similar to this monthly printed version, but some additional information may be included. The eNewsletter will go out once each week on Friday.

Sign up for the eNewsletter by emailing: djones@thompsonseniorcenter.org or by calling (802) 457-3277.

**SAFELY DISPOSE OF EXPIRED OR UNUSED PRESCRIPTION DRUGS**

Keep yourself and your community safe by getting rid of prescription drugs that are expired or unused. Call (802) 457-1420 to make an appointment with Woodstock Town Police Chief Robbie Blish or Windsor County Sheriff Mike Chamberlain to pick up your expired or unused drugs. This is a new service provided for residents who may not drive, or who are unable to get to a drop box. Place prescriptions in their original containers and mark out your name or other personal information if desired. Please note that sharps, needles and liquids will not be accepted.

**IN APPRECIATION**

**JUDGE FRANKLIN S. BILLINGS**

David and Renee Lent
Albert & Jean Conklin
Talcott Family; Rob & Judy, Dick & Evelyn, and Becky
John & Nancy Schullinger
Jack & Gina Moore
Sarah Foss
Dexter Foss
Dick & Tookie Staples
Jerry & Joan Oppenheimer
Tony & Janet Wilson
Charlotte Gibson
Orson L. St. John, Jr.
Melendy Mortiz PLLC
Judge J. Garvan Murtha
Antoinette Brooks-Floyd
Thomas & Paulette Watson
James Gelber

**IN MEMORY OF**

**CHARLOTTE BARR**

Class of 49 – WUHS

**PAUL LENETT**

John and Patsy Mathews

**PHOEBE FLEISCHER**

Muriel Poirier

Please see previous futures newsletters for other memorial gifts. Gifts are listed once in the monthly newsletter immediately following when they are received; this is not a complete listing of gifts for each individual.

Thank you for your contributions in memory of dear friends.

Those who attend Birthday day lunch with a May birthday will receive a complimentary meal on birthday day. Please call to make a reservation for lunch. 457-3277
WELLNESS PROGRAMS

Wellness Clinic & Blood Pressure Screenings  
Tuesday, May 27, 10 - 12 noon
Wellness clinics (blood pressure & consultation) with Michelle Chiesa, RN, Visiting Nurse and Hospice of Vermont and New Hampshire are held on the 4th Tuesday of each month from 10-noon.

Medical Equipment
Currently available at the Center: Crutches, Commode chairs, walkers, Depends.

IN NEED OF: Wheelchairs, wheeled walkers, and recliner lift chairs.

We've given away dozens in the last few months! It's great to see them re-used! Contact Deanna at 457-3277 for more details. You can also donate or find medical equipment at: www.getATstuff.com

Caregiver Support Group
Wednesday, May 21, 12:30 pm
Support and education can make a critical difference for family members and caregivers of patients with memory loss or disorders such as Alzheimer’s. Please join our confidential monthly support group (with complimentary lunch) on the 3rd Wednesday of each month, and share ideas, concerns, and constructive feedback with others facing similar challenges.

Foot Care Clinic
with Mary Wood  
Monthly, 9 am - 2:30 pm on the 2nd Friday & 3rd Wednesday.
Mary Wood, retired RN, runs the foot clinic. Call 457-3277 to schedule a half hour appointment with Mary on the 2nd Friday, or 3rd Wednesday of each month (see the calendar for dates). Your feet will thank you!

A waiting list is kept for each day: PLEASE make sure to let us know if you can’t make your appointment. Cost: $15, please bring your own towel.

Chair Massages at the Thompson
Wednesdays, 10:00am to noon
Licensed massage therapist, Sara, provides chair massages at the Thompson on the 1st, 2nd, and 4th Wednesday of each month If there are appointments. The benefits of having a massage on a regular basis are numerous. See for yourself!

Please call in advance to schedule your 20 minute massage and make sure to cancel in advance if you can’t make it so that someone else can take your spot and we don’t keep our massage therapists waiting!

Cost: 20 minute massage/$20.00

NEWS & EVENTS

Fraud Forum
Presented by Vermont Attorney General’s Office and AARP Vermont  
Wednesday, May 7, 1:00 to 2:30pm
Don’t be a target…or a victim!

Every 3 seconds someone’s identity is stolen! Vermonters are being targeted every day by all types of scams. People over 50 are especially vulnerable and account for more than half of all victims. Whether it’s bogus investment deals, the Grandparent Scam, e-mail ploys, lottery scams, or the newest ID Theft scheme - sophisticated con-artists are busy at work coming up with new ways to get you to hand over your hard-earned money. It’s important to keep up to date on the latest scams and schemes to help protect you and the people you care about.

Join representatives from the Vermont Attorney General’s office and AARP Vermont for tips, information and discussion on the latest scams and how to protect yourself from becoming the next victim. Please RSVP to 457-3277.

Older Americans Month Luncheon
Tuesday, May 6, 2014 at 12:00pm
All patrons are invited to the Center for a time of celebration, recognition, and door prizes during lunch.
Menu: Tossed salad, spaghetti & meatballs, garlic bread, vegetable medley, fresh fruit salad.
Please sign-up in advance by calling 457-3277.

Luncheon
Mother’s Day Luncheon  
Wednesday, May 7, 12:30 pm
Menu: Quiche with asparagus, leeks, and gruyere cheese, roasted potatoes, strawberry spinach salad with goat cheese, plum almond tart. Please sign-up in advance by calling 457-3277.

Introduction to Skype and Facetime
Thursday, May 29, 1:30 to 3:30pm
In this class you will receive help installing and becoming familiar with using Skype and/or FaceTime on your computer or mobile device. These online applications allow you to make voice calls over the internet. You can chat with your friends instantly, video call them by using your webcam and actually see them! For this class you will need a mobile device, iPad or laptop (with speaker’s built-in or separate and a camera/webcam), a notebook and pen, and a few contact names with addresses and phone numbers. The instructor, Sandy Pariseau, is the owner of Computer Training for Adults, serving the Upper Valley communities of Vermont and New Hampshire since 2010—offering needed help and information. Please call the Thompson Center to register in advance for this free class. Space is limited to 8 people.
**PROGRAMS**

**Spring Cleaning Series: BE INFORMED AND PLAN AHEAD**

**Is a Reverse Mortgage Right For You?**
*Presented by Kathy Burns*
**Thursday, May 8, 4:30 to 5:30pm**

Kathy Burns, of Merrimack Mortgage Company, Inc., will discuss some of the intricacies of this innovative mortgage product. She will share up-to-date information about reverse mortgages, and outline many details of this financing option.

In 2011, the first of the baby boom generation reached what used to be known as retirement age. And, for the next 18 years “ boomers” will be turning 65 at a rate of about 8,000 per day (AARP). Many of them will be unprepared for retirement. Learn about the benefits, drawbacks, and misconceptions of reverse mortgages from an experienced professional.

**It’s Your Funeral: Do It Your Way**
*Presented by Lee Webster*
**Tuesday, May 13, 1:00pm**

Today the average American funeral costs between $7,000 and $10,000. Instead of burdening loved ones with making uninformed financial decisions while under duress, take the time to plan ahead. Learn how you can make plans that will help your family and friends know exactly what you want. You’ll find out the truth about many funeral misconceptions, how to navigate funeral homes, what goes into family-led death care, what are your legal rights and responsibilities are, and about burial options, including “green” funerals.

Lee Webster is the Director of New Hampshire Funeral Resources, Education & Advocacy and Vice President of the National Funeral Home Alliance. She is a native Vermonter and well versed in Vermont law, as well.

**Downsizing a Lifetime: A Gift for One’s Family**
*Presented by Carol Carr*
**Tuesday, May 27, 1:00pm**

Eventually, all households downsize. This presentation will focus on the basics of getting started, including where to begin in your home and how to focus your energy to help lighten the load. “De-cluttering” will be discussed for those who wish to remain in their homes but are burdened by “stuff”.

Carol Carr started her own De-Cluttering business several years ago and it has taken off! We are happy she is taking the time to share her knowledge and experience with us.

**CLASSES & PROGRAMS**

Please call the Thompson Center to register for classes in advance, 457-3277

**Strength & Fitness**
*Weekly classes, Monday, Tuesday & Thursday 9 to 10:00AM*

This popular class is led by certified fitness instructor and personal trainer, Liz Hatfield. Liz incorporates aerobic, stretching, strength and weight bearing exercises. The benefits of these exercises include bone building, balance, and overall coordination. Cost: $3.00/class or 12 classes for $30 on a punch card.

**Kripalu Yoga – New Day!**
*Thursdays, 1:00pm*

This gentle yoga class is for everyone—standers, sitters, experienced and inexperienced. Annie Frates will guide the class through a variety of yoga exercises that will help people gain flexibility, improve posture and spine health, develop strength, and increase breath awareness. Cost: $5.00 per class.

**Individualized iPad Instruction**

Do you need one-on-one instruction on the use of an iPad? If so, please call Diana or Pam for details and to schedule your private consultation at the Thompson Center. 457-3277. Bring your iPad to the appointment, if you have one.

**MEMOIR Group**
*Ongoing, Mondays, 10:15 AM – Noon*

In this informal group, we encourage one another as we record stories that may otherwise be lost or forgotten. Each person has an opportunity to read aloud one to two pages each week often triggering group memories and lively discussion.

**Tai chi For Health and Balance**
*April 23, 30, May 7, 14, 21, 28*

Beginner Level (B) – Wednesdays, 9:30—10:30AM; Beginners and moderately experienced students will enjoy this series, which will explore seated, standing in place, and moving tai chi. The class uses forms that are based on the Sun style tai chi—the youngest of the tai chi families and the style most oriented towards health. Clinical studies have shown that tai chi helps improve balance and reduce falls. In fact, the Center for Disease Control recommends tai chi for fall prevention.

Advanced Level (Adv) –Wednesdays, 10:40-11:40AM; This class is for those who have already learned the Sun Style “tai chi for arthritis and fall prevention,” parts 1 and 2. The class will continue to review these forms and will explore Yang 24 forms. The instructor Anne Bower can be reached at: anniebower@yahoo.com; 457-2877 or website: www.annebower.com.

Cost for series of 6 classes: $30.00

**Bone Builders**
*Tuesdays and Thursdays, 2:15 - 3:15pm*

Note New Day And Time

The Bone Builders exercise program, developed at Tufts University, addresses bone health for people of all ages. Women especially may have thinning of bones as early as age 40, but men are welcome in this class and will benefit as well.

Bone Builders classes, with instructor Althea Derstine, are ongoing on Tuesdays and Thursdays each week. Classes are free. Minimum of six participants required. Please sign up in advance.
BRUNCH AT THE INN AT SHELBOURNE FARMS, FOLLOWED BY FARM TOUR

Wednesday, May 28, 2014
(depart Thompson Center at 9:30am on Butler bus)

Choose from a delicious selection of menu options as we dine in the private dining room, overlooking gardens and beautiful rolling pastures. Following brunch we will meet at the Welcome Center where we will receive a private tour of the farm in an old style open farm wagon.

Return to Woodstock by approximately 4:30pm.
Cost: $15.00 (brunch on your own)
Note: This trip is limited to 24 people so please reserve your space in advance, with payment.

CIRQUE DU SOLEIL ----- "AMA LUNA" ---- MARINE INDUSTRIAL PARK, BOSTON, MA.

Friday, June 20, 2014

A Cirque du Soleil show is an experience unlike any other, with stunning performances, incredible costumes and enchanting music. Sign up for this trip soon, space is limited.

Itinerary:
11:00am   Depart the Thompson Center on Premier Coach Bus
12:45pm   Dine in the private “Capital Room” of the popular Common Man Restaurant in Concord, NH. Select from three entry choices: Roast turkey, pan gravy, cranberry sauce; Grilled steak tips with soy ginger glaze; or Apple walnut chicken. Lunch selections include fresh baked rolls, green garden salad with tomatoes and cucumbers, traditional whipped potato, coffee, tea and chocolate cake for dessert.
2:30pm    Depart Restaurant for Boston
4:30 to 6:45   Performance
7:00pm    Depart for Woodstock (arrive back at approximately 10:00pm)

Coolers will be available for storing leftovers or snacks for the ride home. Cost: $127.00 (includes coach bus, deluxe lunch, and prime circus seating)

This trip is sold out. Waiting list spots only.

KISS ME, KATE

At New London Barn Playhouse

Friday, August 15, 2014, 2:00 performance (depart on Thompson Van at 12:30PM)

As Cole Porter’s most successful musical and a true American masterpiece, Kiss Me Kate has been enchanting audiences for over 65 years. Enjoy the backstage/onstage antics of two feuding romantic couples during a touring production of Taming of the Shrew, and savor such irresistible classics as “Brush Up Your Shakespeare”, “So In Love”, and “Another Openin’, Another Show”.

Cost: $30.00 (includes gas & ticket). Space is limited so please reserve your space with payment.

TRIPS, TRIPS, TRIPS

PROGRAMS

MEDICARE COUNSELING

May 6, 13, 20 to 3:00pm

If you are approaching age 65 and you have questions concerning how to sign up for Medicare, help is available at no cost. Medicare Counseling by a Vermont SHIP (State Health Insurance Assistance Program) Medicare Counselor from Senior Solutions is provided at The Thompson Center every month on an as-needed basis. Call The Thompson at 457-3277 for available dates in upcoming months for your free one-hour consultation appointment. All new or current Medicare beneficiaries should bring the following:

1. A Medicare card if you have one
2. Any other health insurance cards: Ex: EGP plans, retiree plans, COBRA etc.; A copy of other health insurance plans if requesting comparison to Medicare costs.
3. A list of prescription medications including drug name, the dosage amount and quantity of medication for a month’s use.
4. Monthly income and assets to see if there is eligibility for any assistance programs such as the Medicare Savings Program, VPharm or Medicaid.

EARLY STAGE MEMORY SUPPORT GROUP

This summer a new group will be starting at The Thompson Center for those diagnosed with an early stage memory disorder, facilitated by Susan Moor. Alzheimer’s disease, and related disorders, can now be diagnosed earlier in the disease process than ever before, sometimes when people have very few symptoms. This support group will give participants an opportunity to meet others with similar issues, learn how to manage symptoms, and gain support. Care partners are encouraged to attend as well.

Susan has been working in the field of dementia since 2005. She was the Social Services Manager for an adult day health program in Massachusetts and later held the title of Early Stage Program Coordinator with the Massachusetts/New Hampshire chapters of the Alzheimer’s Association. She has facilitated a variety of support groups over the course of seven years and trained others to facilitate groups. Susan recently relocated to Woodstock, Vermont with her husband.

If you are interested in joining this group, please contact Katrin Tchana at the Ottauquechee Health Center (802) 457-5414, or email her at katrin.tchana@mahhc.org. She can also be reached at the Thompson Center on the third Wednesday of each month.

BOOK GROUP

Wednesday, May 14, 1:00pm

This month Pru Schuler will lead the book group in a discussion about All He Ever Wanted by Anita Shreve. Evoking the language and society of life in the early 1900’s, author Anita Shreve believably takes on a man’s point of view in her novel All He Ever Wanted. The book centers on a professor’s relationship with his wife, but reveals her strength and the secrets she keeps to survive emotionally. There are twists and turns that will keep you turning page after page. The book group welcomes newcomers!

ANITA SHREVE

All He Ever Wanted
### PROGRAM CALENDAR - MAY 2014

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<td>9 Strength &amp; Fitness</td>
<td>10:15 Memoir Club</td>
<td>1 Bridge</td>
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<td>12 Spanish Table</td>
<td>12 Older Americans Month Lunch*</td>
<td>1 Scrabble</td>
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<td>1-3 Medicare help*</td>
<td>2:15 Bone Builders</td>
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| 8:30 Newsletter Folding | 9 Strength & Fitness |
| 10:15 Memoir Club | 1 Bridge |

### MENU - MAY 2014

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<td>Meal Pricing: * $7 charge for those under age sixty * $5 suggested donation for ages sixty and over</td>
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<tr>
<td>BLT Wraps, Apple &amp; Squash Soup, cottage cheese Cannoli Cake</td>
<td>Older Americans Lunch Event*</td>
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<td>Tossed Salad, Spaghetti &amp; meatballs, Garlic bread, Vegetable Medley, Fresh Fruit salad</td>
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<td>Chef Salad w/ Lettuce, Tomato, Ham, Turkey, Cheese, Hard Boiled Egg, Carrot, roll Lemon Curd Bars</td>
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<td>Mother's Day Lunch*</td>
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<td>Quiche with asparagus, leeks, and gruyere cheese, roasted potatoes, strawberry spinach salad with goat cheese, plum almond tart</td>
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<td>Grilled Pesto Chicken Breast, Lemon Risotto with Peas, Marinated Vegetable Salad, Fruit Crisp</td>
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<td>Chef's Choice</td>
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<td>Tossed Salad, Turkey Sandwich, Caldo Verde, (Spicy Portuguese Kale and Potato soup w/ sausage), Coconut Cream Pie</td>
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<td>Coffee &amp; Fruit</td>
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<td>Birthday Day*</td>
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<td>Herb Roasted Pork Loin w/ Peaches, Roasted Red Skinned Potatoes, Springtime Vegetables, Cake &amp; Ice Cream</td>
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<td>BBQ Chicken legs Potato Salad, Firecracker salad, Peanut Butter and Chocolate Sandwiches</td>
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### MEMORIAL DAY CLOSED

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<tr>
<td>Grill Day</td>
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<td>Hot Dogs &amp; Burgers, Potato Salad, Cole Slaw, Strawberry Short Cake</td>
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<td>Chicken Salad, Broccoli Salad, Tortellini Salad, Lettuce, Tomato, Coconut Macaroons w/ Pineapple</td>
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<td>Tossed Salad, Grilled Tuna &amp; Vegetables in herb butter, Brown Rice, Cherry Cheese-cake</td>
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### OTHER SPECIAL MEALS

- Birthday Day & special holiday meals
- **Indicates that sign-up/reservations are required**
- Please call ahead with special dietary needs.

### MEAL PRICING

- $5 suggested donation for ages sixty and over
- $7 charge for those under age sixty

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